

Finding ICARE in Your World

We find Houston Methodist's ICARE values engrained in all we do for our patients, visitors, and colleagues. You can also find ICARE in your own world! Grab your camera (even your phone) and try your hand at alphabet photography. Be on the lookout for the letters "I" "C" "A" "R" and "E" that may appear in your environment.

Your Challenge: Find ICARE in your world!

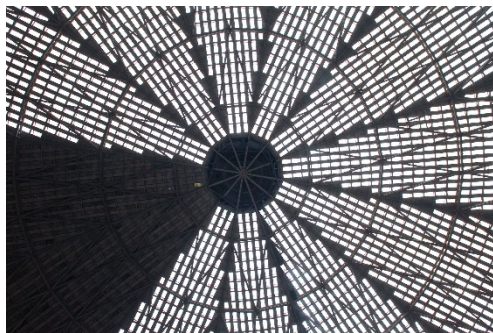
Look around your house, your work, or outside for the letters in ICARE. They can be natural or man-made but your perspective is needed to capture the letter in a photograph. Think about the composition of your image and how you can frame the scene to make the letter the focal point of your shot. Start looking closely for ICARE!

Here are some examples to spark your creativity:

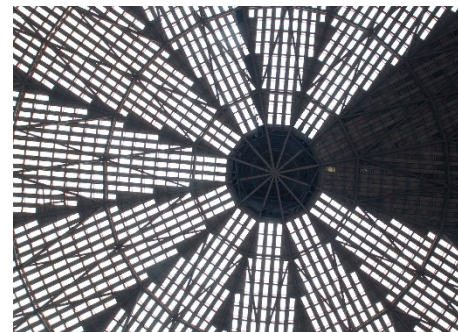


Images made by Lea Hobbie, Music Therapy Student Intern, CPAM

Extra Challenge: Try only photographing things that are not actually letters! Either change your perspective while photographing or crop and rotate your photograph in a way that makes it actually look like a letter. For Example:



Actual photograph of the Houston Astrodome ceiling by Steve Gonzales/Houston Chronicle



Using a simple photo editor you can crop and rotate the image to create a letter C!

This is a fun project for the family too, try to spell your last name with letters you can find around your house.

Remember, photography is about slowing down and observing your environment. Allow yourself to relax and focus on the details around you. Take your time and consider the composition of your image. We want to see your creative ICARE photographs! Share your images with us and we will create an online exhibition of images sent to cpam2@houstonmethodist.org.

